



2019

IFBF

Cookout Recipes



NAME: Bob Carson

CATEGORY: Beef

NUMBER: 101

Grilled Marinated Ribeye

Ingredients:

4 (8-oz.) beef ribeye steaks

1/2 c. BBQ sauce	3 Tbsp. Worcestershire
3 Tbsp. olive oil	2 Tbsp. steak sauce
1 Tbsp. red wine vinegar	1 Tbsp. soy sauce
2 tsp. steak seasoning	1 tsp. hot pepper sauce
1 garlic clove, minced	

Instructions:

1. In large resealable plastic bag, mix all ingredients except steaks.
2. Add steaks and refrigerate overnight.
3. Grill covered over medium heat until meat reaches desired doneness (med. rare thermometer at 135 degrees Fahrenheit, medium 140 degrees Fahrenheit). 5 to 7 minutes per side.
4. Let rest 5 minutes.
5. Serve and enjoy

NAME: Michelle Bruce

CATEGORY: Beef

NUMBER: 102

Asian Beef Roll-ups

Ingredients:

1-1/2 lbs. thin flank steak, sliced sirloin or top round steak
1 Tbsp. olive oil
2 cloves garlic, minced
8 to 10 asparagus stems, trimmed
2 carrot, peeled and cut into matchsticks size
1 green or red bell pepper, cut into matchsticks size
1 sweet onion, sliced thin
Kosher salt and freshly ground pepper to taste
2 tsp. chopped fresh cilantro leaves, optional
1 tsp. sesame seeds, toasted

Marinade:

1/4 c. brown sugar, packed
3 cloves garlic, minced
1 Tbsp. freshly grated ginger
1 tsp. sesame oil
1 tsp. Sriracha or sweet chili sauce, optional

Instructions:

1. In a bowl whisk together soy sauce, brown sugar, garlic, ginger, sesame oil and Sriracha or sweet chili sauce. Set aside.
2. Pound beef out to a 1/4 in. thickness if necessary. Cut beef into serving size pieces, about 1-1/2 in. to 2 in. wide. Place into a gallon Ziplock bag.
3. Reserve 2 Tbsp. of marinade for serving time. Place remaining marinade over beef, and place in refrigerator for at least 4 to 6 hrs. Overnight is better.
4. Remove meat from refrigerator when you start working with your vegetables to bring it to room temperature.
5. Heat olive oil in a large skillet over medium high heat. Add garlic, asparagus, carrots and bell peppers. Cook, stirring occasionally, just until crisp-tender, about 3 to 4 minutes. Season with salt and pepper to taste. Set aside.
6. Working one at a time, top each beef slice with vegetables, roll up and secure with a toothpick.
7. Grill over indirect heat. Starting with seam side down, grill each side 2 to 3 minutes. If your meat is thicker than 1/4 in., you may need to increase cooking time.
8. While meat is cooking, place the measured marinade in a microwave-safe bowl, and heat at 50 % power for 2 minutes. Stirring after 1 minute.
9. Serve immediately after garnished with remaining marinade sauce and sesame seeds.

NAME: Allen Kenkel

CATEGORY: Beef

NUMBER: 103

Al's Beef Loin

Ingredients:

10 lbs. (approx.) whole beef tenderloin, trimmed

Salt

Pepper

Garlic

Seasonings

Cider vinegar

Apple juice

Instructions:

1. Heat smoker to 225 degrees Fahrenheit.
2. Rub seasonings onto tenderloin, and let rest for 1 hr.
3. Place on smoker.
4. Spritz loin with vinegar/juice mixture, and flip loin occasionally.
5. Smoke until rare to medium rare approx. 130 to 135 degrees Fahrenheit.
6. Let rest, covered for 30 minutes.
7. Slice, and serve with desired condiments.

NAME: Steven Shelley

CATEGORY: Beef

NUMBER: 104

Negimaki (Beef Rolls)

Ingredients:

2 lbs. thinly sliced rump roast

2 bunches of green onions

1 Tbsp. vegetable oil, to oil grill

Sauce:

1/2 c. soy sauce

1/4 c. sugar

1/4 c. cooking sherry

3 Tbsp. Teriyaki sauce

1/16 to 1/8 tsp. cayenne, to taste

Instructions:

1. Combine sauce ingredients in saucepan. Simmer until sugar dissolves, and sauce reach desired thickness.
2. Trim onions to 6 inches.
3. Tenderize meat with mallet and cut in 4 x by 6-inch rectangles.
4. Lay 2 to 3 onions on meat, roll meat around onions and pin with tooth picks.
5. Grill rolls to 145 degrees Fahrenheit. Brush with sauce.
6. Remove at 150 degrees Fahrenheit from grill, cool, remove tooth picks and cut rolls in 1/2 to 3/4-inch lengths.
7. Place on serving plate, and drizzle sauce over rolls.

NAME: Dallas Squires

CATEGORY: Beef

NUMBER: 105

Squire's Beef Ribs

Ingredients:

1 rack of beef ribs

1/2 c. preferred seasoning

Instructions:

1. Set smoker at 250 degrees Fahrenheit.
2. Trim ribs of excess fat.
3. Season ribs with your preferred seasoning.
4. Smoke 5 to 6 hours until tender.
5. Let rest 30 minutes and serve.

NAME: Troy Anderson

CATEGORY: Beef

NUMBER: 106

Troy's Chuck Roast

Ingredients:

Chuck Roast

Cookies Flavor Enhancer

Johnny's French Dip

Instructions:

1. Cover chuck roast with Cookies Flavor Enhancer.
2. Cook on smoker for 2 hrs.
3. Mix Johnny's French Dip in a quart jar. Place in an aluminum pan.
4. Remove chuck roast from smoker, place in aluminum pan with Johnny's French Dip.
5. Put pan on grill at 225 degrees Fahrenheit, and cook for about 4 hrs.

NAME: Jason Fisher
CATEGORY: Combo/Specialty
NUMBER: 201

Jason's Stuffed Chicken

Ingredients:

Chicken thighs
Bacon
Cream Cheese
Jalapeno
1 tsp. of each salt, pepper and garlic
99 Gauge Steak Sauce

Instructions:

1. Cook for 1 hr. at 300 degrees Fahrenheit on pecan smoke.
2. Remove from heat when internal temperature reaches 175 degrees Fahrenheit.

NAME: Mark Bickal
CATEGORY: Combo/Specialty
NUMBER: 202

Bickal's Smoked Macaroni Combo

Ingredients:

1 beef arm roast, size is dependent on how much meat is desired in final product (minimum 1/2 lb. cooked weight)
1 pork shoulder, size is dependent on how much meat is desired in final product (minimum 1/2 lb. cooked weight)
3 packs of Kraft Deluxe original macaroni and cheese
Panko bread crumbs
2 Tbsp. minced onion
1/2 c. apple juice

BBQ rub:

1/4 c. brown sugar	1/4 tsp. Kosher salt
2 tsp. black pepper	2 tsp. smoked paprika
1 tsp. garlic powder	1 tsp. onion powder
1 tsp. ground mustard	1/2 tsp. cinnamon
1/2 tsp. celery salt	1/4 tsp. cayenne pepper

*a commercial BBQ rub can be substituted

Instructions:

1. Smoke beef arm roast and pork shoulder roast at 225 degrees Fahrenheit over 50/50 mixture of hickory and cherry wood until an internal temperature of 195 degrees Fahrenheit for the beef arm and 203 degrees Fahrenheit for the pork shoulder.
2. Wrap in aluminum foil when internal temperature is reached, and place in an empty cooler (no ice) and closed cooler to hold meat at temperature until needed.
3. Boil macaroni in pot until tender, remove and strain water from noodles. Put noodles in a 9x13-inch pan. Mix cheese packet, minced onion and apple juice into noodles.
4. Chop desired amount of beef into small pieces (roughly 1/2 lb. of dime to nickel sized chunks) and mix into the macaroni and cheese.
5. Shred or pull desired amount of pork shoulder (roughly 1/2 lb.) and mix into macaroni and cheese, try to not have any pulled pork chunks longer than 1 in.
6. Mix in 3 Tbsp. of BBQ rub (or more to desired taste if using a commercial rub). Spread desired amount of Panko bread crumbs on top of the macaroni and cheese, and place back in the smoker. Smoke at 225 degrees Fahrenheit for 45 minutes.
7. Remove from smoker and enjoy!

NAME: Marshall Whitaker
CATEGORY: Combo/Specialty
NUMBER: 203

NAME: Scott Degeneffe
CATEGORY: Combo/Specialty
NUMBER: 204

**Bacon Wrapped Jalapeno Popper
Meatloaf**

Ingredients:

1 lb. hamburger
1 lb. ground pork
1 lb. bacon
1 egg
Handful of chopped onion, jalapeno, cheddar cheese.
Handful of Ritz crackers.
Several spoonful of cream cheese.
Dash of Cookie's seasoning, Kansas City BBQ Rub, Old
Bay Jalapeno seasoning and honey garlic rub.

Instructions:

1. Make bacon into a weave and place on wax paper.
2. Mix ground pork and hamburger, egg, Ritz crackers and seasoning in a bowl.
3. Place in a gallon Ziplock bag and flatten out. Cut 3 sides of bag, and then place meat on wax paper.
4. Sprinkle on onions, jalapenos, cheddar cheese and cream cheese. Roll this into a log, and place onto bacon weave.
5. Roll these together, and pin into place with toothpicks.
6. Smoke for 3 hrs. at 220 to 230 degrees Fahrenheit

Smoked Meatloaf Cupcakes

Ingredients:

Meatloaf:

2 lbs. ground beef	1 lbs. ground pork
Saltine crackers	Soy sauce
Worcestershire sauce	Pepper
Salt	Garlic powder
Onion powder	2 eggs
Homemade BBQ seasoning	

Garlic mashed potatoes:

5 lbs. potatoes	Half and half
2 sticks butter	Salt
Pepper	Garlic

Instructions:

1. Blend all meatloaf ingredients together.
2. Place in cupcake tins.
3. Smoke until internal temperature reaches 165 degrees Fahrenheit.
4. Apply sweet glaze twice and in bottom of pan.
5. Cook potatoes.
6. Mix cooked potatoes with butter, half and half, garlic, salt and pepper. Mash until smooth.
7. Pipe garlic whip potatoes on top of meatloaf.
8. Sprinkle bacon on top, and drizzle on spicy devil sauce.

NAME: Braelon Decker

CATEGORY: Youth/Combo

NUMBER: 801-205

Guacamole Burger

Ingredients:

2/3 lb. 85% lean ground beef
1/3 lb. pork breakfast sausage
Bacon, 1 piece per burger
Guacamole, as condiment
Ranch dressing, as condiment
Colby jack cheese
Hamburger buns
Salt
Pepper

Instructions:

1. Combine breakfast sausage and ground beef together. Make medium-sized patties.
2. Season with salt and pepper, then put patties on grill.
3. Cook bacon to preferred wellness.
4. When burgers reach internal temperature of 160 degrees Fahrenheit, take off grill and place on a plate. Add a slice of Colby jack cheese.
5. Place on a bun, and add ranch dressing, guacamole and bacon.

NAME: Randy Stamper

CATEGORY: Combo/Specialty

NUMBER: 206

Grilled Flatbread Pizza

Ingredients:

Hamburger	Sausage
Favorite pizza or spaghetti sauce	
Mushrooms	1/2 Tbsp oil (for cooking)
Onions	Green peppers
Black olives	Mozzarella cheese

Homemade flatbread:

2 c. flour and 1/4 c. for dusting
1/2 tsp salt
3 1/2 Tbsp butter
3/4 c. milk

Instructions:

Flatbread

1. Combine butter and milk, heat until butter is just melted.
2. Combine 2 c. flour, salt, butter, and milk.
3. Sprinkle work surface with flour then knead for a few minutes until it is smooth.) Add extra flour if the dough is too sticky.
4. Wrap with cling wrap and rest at room temperature for 30 minutes or so.
5. Dust counter top with flour. Place dough on counter top. Cut into 3 pieces. Roll each section out to about 1/4 in. rounds.
6. Heat 1/2 tsp. olive oil in a non-stick pan over medium heat. Place one flat bread in pan, cook for around 1 to 1-1/2 minutes (it should bubble up), then flip and cook the other side, pressing down if it puffs up.
7. Toppings
8. Place hamburger and sausage in a roll directly on grill. This will give the meat a smokier flavor.
9. Sauté mushrooms, onion, green peppers in skillet. When done, place on paper towel to absorb any grease and set aside.
10. When meat has been smoked for approximately an hour or reaches 150 degrees Fahrenheit internally, remove and cut up into meat crumbles and finish cooking in a skillet.
11. Assemble Pizza
12. Brush flatbread with olive oil.
13. Spread the flatbread with your favorite pizza or spaghetti sauce.
14. Now place ingredients on crust ending with cheese.
15. Place your pizza on the cool side of the grill. Allow to cook until cheese is melted and bubble.
16. Slide to hot side for a minute or two so underside will have the char marks.
17. Remove and let set for no more than 5 minutes, then cut.

NAME: Rachel Eivins
CATEGORY: Combo/Specialty
NUMBER: 207

Rachel's BBQ Meatloaf

Ingredients:

1-1/2 lbs. ground beef
1 lb. ground pork
1 package bacon
1 egg
1 envelope Lipton Beefy Onion soup mix
1/2 green pepper, diced
1/2 onion diced
Garlic
Black pepper
Any BBQ spices to taste
1 tsp. liquid smoke
1/4 c. apricot preserves
1/2 c. prepared BBQ sauce
1 c. cubed cheese, mixture of colby jack and pepper jack
1-1/2 c. dried breadcrumbs

Instructions:

1. Using all ingredients but bacon, mix well to form a loaf and set aside.
2. Use bacon to form a lattice blanket on a cookie sheet.
3. Place meatloaf mixture on short end of bacon lattice and roll it up. Let rest overnight in the refrigerator placed on smoker. I use hickory and apple chips smoking at 250 degrees Fahrenheit for about 2 hrs.
4. Place meatloaf in metal pan covered with aluminum foil. Bring smoker to 350 degrees Fahrenheit and continue cooking until internal temperature reaches 180 degrees Fahrenheit.
5. Glaze with more apricot preserves and prepared BBQ sauce.
6. Serve. Great hot, even better cold.

NAME: Duran Barlow
CATEGORY: Combo/Specialty
NUMBER: 209

Venison Skewers

Ingredients:

6 - 2 in. cubed venison steak marinade in honey Teriyaki
6 squares pineapple pieces
1 sweet onion, chopped
1 green pepper, chopped
6 slices baby bella mushrooms
Yum Yum Sauce

Instructions:

Set charcoal grill to 300 degrees Fahrenheit.
Put skewers on grill.
Cook each side for about 5 mins, approximately 20 minutes total.
Let cool.
Cover in Yum Yum Sauce and serve.

NAME: Daniel Little

CATEGORY: Lamb

NUMBER: 301

Danny's Lamb Chops

Ingredients:

4 lamb chops
1/4 c. brown sugar
2 tsp. ground ginger
1 tsp. ground cinnamon
1 tsp. ground black pepper
1 tsp. garlic powder
1/2 tsp. salt

Instructions:

1. In a medium bowl mix brown sugar, ginger, cinnamon, pepper, garlic powder and salt.
2. Rub lamb chops with the seasonings, and place on a plate. Cover, and refrigerate for 1 hr.
3. Preheat grill for high heat.
4. Brush grill grate lightly with oil, and arrange lamb chops on grill.
5. Cook 5 to 7 minutes on each side, or to desired doneness.

NAME: Shannon Glasser

CATEGORY: Lamb

NUMBER: 302

Shannon's Hawaiian Lamb Burger

Ingredients:

Burger

2 lbs. ground lamb
1/4 c. Penzy's Greek seasoning

Pineapple/Brown Sugar Glaze

2 Tbsp. lemon juice
1 Tbsp. prepared yellow mustard
2 Tbsp. brown mustard
1 (8.5-oz.) can crushed pineapple in juice
1 c. packed brown sugar
1 Tbsp. cornstarch (optional)
1/4 tsp. salt
1/4 crushed red pepper

Instructions:

1. Incorporate Penzy's Greek Seasoning into meat and make patties, set aside.
2. Place all ingredients in small sauce pan and boil. Continue to boil until thickened.
3. Season burger with Penzy's Greek Seasoning and place on grill. Baste with glaze. Grill burger 5 minutes and turn.
4. Baste with glaze and grill 5 additional minutes, basting with glaze.
5. Serve on King's Hawaiian Hamburger Buns, and garnish with grilled pineapple ring.

NAME: Dennis Jones

CATEGORY: Pork

NUMBER: 401

Cherry Jalapeno Pork Loin

Ingredients:

1 pork loin
1/2 c. cherry juice
1 (12-oz.) jar charrly preserves
1 (10-oz). jar jalapeno jelly
12 oz. Dr. Pepper
12 oz. Cherry 7-Up
4 tsp. butter
Salt
Pepper
Aluminum foil

Instructions:

1. Mix cherry juice with Cherry 7-Up.
2. Inject cherry mixture marinade into pork loin.
3. Put butter in loin.
4. Mix cherry preserves, jalapeno jelly and Dr Pepper. Spread about 1/3 of mixture on top of loin.
5. Lightly salt and pepper loin. Wrap in foil.
6. Cook in smoker for about 3 hrs. or until internal temperature reaches 125 to 130 degrees Fahrenheit. Remove from cooker and let rest 3 to 5 minutes.
7. Recoat top of loin with about 1/3 of the preserve/jelly mixture.
8. Slice, and lightly coat with remaining preserve/jelly mixture.
9. Plate and serve.

NAME: Jared Merchant

CATEGORY: Pork

NUMBER: 402

Comp Ribs

Ingredients:

St. Louis-style spare ribs
Mustard
Apple juice
Sweet BBQ rub
Kansas City-style BBQ sauce
Brown sugar
Butter

Instructions:

1. Trim ribs and pull the membrane.
2. Coat ribs in a light layer of mustard. Apply sweet BBQ rub to both sides and let rest for at least 30 minutes before going on a 250 degrees Fahrenheit smoker.
3. Spray ribs every 30 minutes with apple juice, repeat until ribs have slight pull-back from bones, roughly 2 hrs. to 2.5 hrs.
4. Spread 1/4 c. butter and 1/3 c. brown sugar on aluminum foil and place ribs meat side down and wrap.
5. Place ribs back on the smoker until they reach internal temperature of 200 degrees Fahrenheit.
6. Remove ribs from the foil. Brush on Kansas City-style sauce and return to smoker for 10 minutes to let the sauce set.

NAME: Bert Houge

CATEGORY: Pork

NUMBER: 403

Jerk Seasoned Pork Loin

Ingredients:

1 whole pork loin	2 lbs. bacon
1 Tbsp. onion powder	1 Tbsp. garlic powder
4 tsp. cayenne	2 tsp. smoked paprika
1 c. and 1Tbsp. brown sugar	1 tsp allspice
2 tsp. salt	1 tsp black pepper
1/2 tsp. red pepper flakes	1/2 tsp. cumin
1/2 tsp. nutmeg	1/2 tsp. cinnamon
1 tsp. dried thyme	1 Tbsp. dried parsley
1 Tbsp. ground clove	Steak rolls for serving

Fresh pineapple cut into planks for grilling

Instructions:

1. Reserve 2 tsp. cayenne and 1 c. brown sugar for candied bacon. Set aside.
2. Mix all dry ingredients, and coat pork loin on all sides.
3. Preheat smoker to 225 degrees Fahrenheit. Cook until internal temperature reaches 142 degrees Fahrenheit, allow 5 to 6 hrs. for cooking.
4. Wrap and rest loin for 15 minutes, the temperature will climb to your desired temperature of 145 degrees Fahrenheit.
5. Place bacon in a single layer on aluminum foil. Sprinkle the reserved cayenne, then coat with brown sugar.
6. Cook over indirect heat to avoid burning the sugar. Pull bacon off when you have a gummy coating on the bacon, and it has rendered down. The bacon will harden the sugars cool.
7. Get grates hot enough to get a solid sear on your pineapple planks. We are looking to caramelize the sugar of the pineapple, not cook it to a dry piece of fruit. Add pineapple to the grill and sear.
8. Flip, and sear the second side. Allow cooking time of 3 minutes, 1-1/2 minutes per side.
9. Cut steak rolls in half and hull the roll. This will allow more meat on the roll.
10. Thinly slice the loin.
11. Fill the roll with 1/4 to 1/3 lb. of sliced loin. Add pineapple plank, and top with 2 pieces of bacon. Place the top of the roll on and enjoy.

NAME: Kimberly Pepin

CATEGORY: Pork

NUMBER: 404

Pork Tacos with Grilled Corn Salsa

Ingredients:

5 lbs. pork butt
32 oz. plain Greek yogurt
2 pkgs. Taco seasoning
1/2 c. smoked paprika
Tortillas

Corn Salsa

4 c. corn
2 jalapenos, deseeded and deveined
1/2 large red onion, diced
2 red, orange or yellow mini bell peppers, deseed
Salt and pepper to taste

Extra

Grilled extra Jalapenos
Mixed mini bell peppers
Red onion sliced

Instructions:

1. Slice pork into 1/4 in. slices. Put into gallon Ziplock bag. Combine yogurt, taco seasoning and paprika. Massage into sliced pork. Marinate 4 to 24 hrs.
2. Day of grilling: In tin pan on grill sauté corn, pepper and diced onion. Salt and pepper to taste.
3. Grill sliced jalapenos, peppers and onions.
4. Grill meat on grill mats.
5. Take off grilled meat. Dice meat into bits, return to pan with extra marinade, cover with tin foil and keep warm on grill.
6. Serve meat with corn salsa and tortillas.

NAME: Steve Heaberlin

CATEGORY: Pork

NUMBER: 405

Pork Carnitas Street Tacos

Ingredients:

1 (6 to 8 lb.) pork butt	4 Tbsp. brown sugar
4 tsp. garlic powder	4 tsp. onion powder
4 tsp. smoked paprika	4 tsp. ground cumin
4 tsp. salt	2 tsp. ancho chili pepper
2 tsp. black pepper	1 c. shredded lettuce
1 c. fresh corn salsa (tomatoes, onions, sweet peppers, corn kernels)	
1/2 c. shredded Mexican blend cheese	
1/2 c. black beans	1/2 c. sour cream
1/4 c. jalapenos, chopped	1/4 c. fresh cilantro, chopped

Taco sized corn tortillas

Instructions:

1. Prepare pork butt by slicing through fat cap in a checked pattern as the rub will penetrate better.
2. Combine all ingredients with brown sugar and black pepper in a bowl. Apply all over the pork butt.
3. Put pork butt in a pan, and place in a smoker set at 240 degrees Fahrenheit. Approx. 6 to 10 hrs.
4. Take pork out of smoker and let rest 15 minutes covered loosely with foil.
5. After resting, take pork out of the pan, and using forks pull meat apart. Reserve juice in the pan.
6. Separate fat from the juice and pour the remaining liquid back into the pulled meat. This adds a lot of flavor to the meat.
7. Assemble your tacos in tortillas using your toppings of choice.
8. Enjoy!

NAME: Eldon Frye

CATEGORY: Pork

NUMBER: 406

Horseshoe-BBQ

Ingredients:

Pork loin
Olive Garden Italian Salad Dressing
Yellow mustard
Meat rub
BBQ sauce

Instructions:

1. Take pork loin out of wrapper. Cut off any extra fat and skin.
2. Inject with Olive Garden Italian salad dressing.
3. Rub down with any yellow mustard.
4. Put a medium coat of your favorite meat rub on both sides.
5. Chill overnight.
6. Wrap in aluminum foil, and place in smoker.
7. Bring smoker temperature up to 225 to 250 degrees Fahrenheit and hold it. Smoke meat until internal temperature reaches 145 degrees Fahrenheit. Cooking times is 3 hrs.
8. Place in paper sack, and seal it up for 1 hr. to rest.
9. Unwrap the loin. Save liquid for dipping.
10. Slice to 1/2 in. pieces.
11. Serve with BBQ sauce, and your favorite side dish.

NAME: Thyron Mathews

CATEGORY: Pork

NUMBER: 407

Thyron's Smoked Pork Loin

Ingredients:

8 to 10 lbs. pork loin, up to 5 loins
2 to 6 Tbsp. paprika 3 Tbsp. Greek seasoning
1 Tbsp. chili powder 3 Tbsp. brown sugar
1 Tbsp. white sugar 2 Tbsp. black pepper
2 Tbsp. Morton Season All
Countryside BBQ Sauce
Butter
Garlic, granulated

Instructions:

1. Remove meat from package, wash, and pat meat dry with paper towel.
2. Set grill or smoker to 225 degrees Fahrenheit.
3. Season the entire loin until meat is completely covered.
4. Let rest for 10 to 15 minutes.
5. Place meat on grill/smoker and cook until 145 degrees Fahrenheit.
6. Take out meat, place in pan with butter, and warmed BBQ sauce. Brush it on to the meat.
7. Let rest for 15 minutes.
8. Slice into 1/8 in. thick pieces.
9. Serve and eat.

NAME: Shane Lindstrom

CATEGORY: Pork

NUMBER: 408

Baby Back Pork Ribs

Ingredients:

Rack of baby back ribs
Rib rub of your choice
1/2 to 3/4 stick of butter
1/4 to 1/2 c. brown sugar
1 c. apple juice
Honey

Instructions:

1. Remove membrane from back of ribs.
2. Coat both sides generously with rib rub of choice.
3. Place ribs on smoker grill at 250 degrees Fahrenheit
4. 2-1/2 to 3 hrs. meat side up.
5. Place 2 sheets of aluminum foil down on the smoker grill the length of ribs.
6. Add brown sugar, slices of butter, honey apple juice to the foil.
7. Place meat side down on top of ingredients.
8. Cook additional 2 to 3 hrs.

NAME: Wyatt Lewis

CATEGORY: Youth/Pork

NUMBER: 409/802

Maple-Brined Pork Loin

Ingredients:

1 (2-1/2 lb.) boneless pork loin roast

1 qt. cold water

1/4 c. salt

1/3 c. maple syrup

3 cloves garlic, crushed

3 Tbsp. chopped fresh ginger

2 tsp. dried rosemary

1 Tbsp. cracked black pepper

1/2 tsp. red pepper flakes

Salt and freshly ground black pepper

1 Tbsp. vegetable oil

2 Tbsp. maple syrup, divided

2 Tbsp. Dijon mustard

Instructions:

1. Mix water, salt, 1/3 c. maple syrup, garlic, ginger, rosemary, black pepper and red pepper flakes in a large bowl.
2. Place pork loin in brine mixture, and refrigerate for 24 to 36 hrs.
3. Remove pork from brine, pat dry and season all sides with salt and black pepper.
4. Cook until internal temperature is 135 degrees Fahrenheit.
5. Mix 2 Tbsp. maple syrup and Dijon mustard together in a small bowl.
6. Remove pork loin from the grill and spread maple syrup mixture on all sides.
7. Wrap in foil and let rest.
8. Serve

NAME: Tysen Gravel

CATEGORY: Youth/Pork

NUMBER: 410-803

Brown Sugar Pecan Chops

Ingredients:

1 thick cut Iowa chop

1/4 c. brown sugar

1 c. John Henry's Pecan Rub

Instructions:

1. Sprinkle both ingredients generously on both sides.
2. Wrap in tinfoil.
3. Smoke at 225 degrees Fahrenheit for 1 1/2 hours.
4. Take off tin foil.
5. Cook for 1 1/2 hours.

NAME: Aaron Sandersfeld
CATEGORY: Poultry
NUMBER: 501

Italian Chicken

Ingredients:

Chicken

Brine:

1 gal. water
1 c. dark brown sugar
1 c. kosher salt

Italian dressing

Instructions:

1. Mix water, sugar and salt.
2. Soak chicken in brine for 72 hrs.
3. Remove chicken from brine, and marinate in Italian dressing for 24 hrs.
4. Grill chicken to a minimum of 164 degrees Fahrenheit.

NAME: Jarod Boeck
CATEGORY: Poultry
NUMBER: 502

Italian Chicken

Ingredients:

6 boneless, skinless chicken breasts
1 bottle Italian dressing of your choice
Season if desired

Instructions:

1. Marinate chicken breast in Italian dressing for 2 hrs. or overnight.
2. Remove chicken from marinate, season if desired.
3. Cook at 350 degrees Fahrenheit for 20 minutes.
4. Flip, and cook an additional 20 minutes.

NAME: Tory Ketelsen
CATEGORY: Poultry
NUMBER: 503

Savory Smoked Chicken

Ingredients:

8 bone-in chicken thighs
1 stick unsalted butter
6 to 8 Tbsp. of your favorite BBQ rub or seasoning
1 c. of your favorite sweet BBQ sauce

Instructions:

1. Clean and trim chicken thighs, removing any extra fatty tissue.
2. Sprinkle rub evenly on both sides of thighs. Place skin side up in an 8x8-inch foil pan.
3. Cut stick butter into small squares and distribute around chicken on the bottom of pan.
4. Place pan of chicken on smoker at 225 degrees Fahrenheit (indirect heat) and cook for 45 minutes.
5. Cover pan with aluminum foil and cook another 45 minutes.
6. Remove chicken from pan, and place directly on smoker grate.
7. Brush the tops of the thighs with BBQ sauce, and let rest for 5 min.
8. Remove from smoker and serve.

NAME: Bob Pepin
CATEGORY: Poultry
NUMBER: 504

Bob's Smoked Chicken Breast

Ingredients:

6 full bone in chicken breasts

Brine

2 c. brown sugar
2 c. curing salt (Morton)
1/4 c. minced fresh garlic
2 gal. apple juice
1/2 Tbsp. each rosemary, thyme and sage

Instructions:

1. Mix all brine ingredients together
2. Add chicken breasts to brine ingredients. Stir 2-3 times per day for at least 2 days up to 5 days.
3. Smoke at 225 degrees Fahrenheit, for about 4 hrs. Smoke until internal temperature reaches 165 degrees Fahrenheit.

NAME: Sean Van Cannon

CATEGORY: Poultry

NUMBER: 505

Chicken Lollipops

Ingredients:

10 to 16 chicken legs drumsticks

Chicken rub seasoning, as needed

1 stick of butter

1 jar of BBQ sauce of your choice (I use Blues Hog Smokey Mountain Sauce)

1 9x13-inch aluminum pan

Sharp knife

1 good pair of kitchen shears

Instructions:

1. Slice drumstick just below the knuckle, cutting through all the tendons.
2. Push the meat down to the large end. Cut the remaining skin and cartilage off knuckle.
3. Remove the tiny bone against the leg. Use your finger or shears to separate from leg and wiggle out. Then use shears to cut away tendons sticking out of the top.
4. Season lollipops with seasoning. Let rest for at least 30 minutes. For better flavor, let meat rest longer.
5. Melt butter and put in the aluminum pan. Stand legs up in the butter.
6. Put pan on smoker, and smoke until internal temperature reaches 165 degrees Fahrenheit, about 3 hours.
7. Remove legs from smoker and cover with BBQ sauce. Place directly on grate and cook at 350 degrees Fahrenheit for 10 to 15 minutes so sauce can caramelize and set to meat.
8. Remove from grill and enjoy.

NAME: Robbie Stevens

CATEGORY: Poultry

NUMBER: 506

Robbie's BBQ Chicken

Ingredients:

12 chicken thighs

3 Tbsp. Plow Boy

Pepper to taste

Kosher salt to taste

12 Tbsp. butter

Famous Rob's Sassy BBQ Sauce

Instructions:

1. Smoke in a tin pan.
2. Place 1 Tbsp. of butter on top of each chicken piece.
3. Cook at 275 degrees Fahrenheit until meat reaches 165 degrees Fahrenheit.
4. Then put BBQ sauce on top.

NAME: Mike Anderson

CATEGORY: Combo/Specialty

NUMBER: 507

Bacon Wrapped BBQ Chicken

Ingredients:

Boneless, skinless chicken thighs
1 slices of bacon for each chicken thigh
Favorite kind of pepper, chopped
Sharp cheddar cheese

Sweet rub for chicken:

1/4 c. brown sugar	1 Tbsp. coarse sea salt
2 tsp. cracked black pepper	2 tsp. smoked paprika
2 tsp. garlic powder	2 tsp. onion powder
1 tsp. ground mustard	1/2 tsp. cayenne pepper

Instructions:

1. Generously sprinkle rub on both sides of chicken thighs.
2. Chop favorite kind of peppers and put inside chicken thighs along with cheese.
3. Wrap thighs with a slice of bacon.
4. Grill chicken thighs on grill until chicken reaches an internal temperature of 165 degrees Fahrenheit and bacon is brown and crispy.
5. Last few minutes of cooking time, coat chicken with your favorite BBQ sauce if desired.
6. Serve and enjoy!

**NAME: Sean McDermott
Kyle Johnson**

CATEGORY: Team

NUMBER: 601

Hot Shot Ribs

Ingredients:

Pork Ribs	1 tsp. garlic powder
1/2 c. brown sugar	1 tbs. onion powder
1 tsp. cayenne pepper	1 tsp. cumin
1 tsp. hot shots	1 tsp. Cookies Flavor Enhancer
1 tsp. lemon pepper	1 tsp. Pink Himalayan salt
1 tsp. chipotle chili pepper	
Butter	
Honey	

Instructions:

1. Season ribs 1 hr. prior to cooking.
2. Cook for 3 hrs. at 300 degrees Fahrenheit.
3. Wrap in tin foil with butter, honey and brown sugar.
4. Cook for 2 hrs.
5. Unwrap, put back on grill for 1 hr.
6. Add sauce, enjoy.

NAME: Loren and Kim Misko

CATEGORY: Team

NUMBER: 602

Fall of the Bone Ribs

Ingredients:

Ribs

Mustard

Rub:

1/2 c. brown sugar

1 tsp. garlic powder

3 tsp. red chili flakes

4 tsp. coarse salt

1 tsp. minced garlic

2 tsp. black pepper

2 tsp. cayenne

4 tsp. paprika

2 tsp. celery salt

Basting Sauce:

1 c. apple juice

1 c. cherry juice

Instructions:

1. Remove membrane from ribs.
2. Apply one line of mustard on each side of rib. Then apply dry rub and wrap up to be refrigerated.
3. Marinate for 2 hours.
4. Start smoker.
5. Place ribs bone-side down with full smoke for 2-1/2 hrs. Baste every 20 minutes with cherry and apple juice mix. When ribs are tender to bend, wrap in foil.
6. Add sauce and increase temperature to 325 degrees Fahrenheit for 2 to 3 hrs. or just until ribs are almost fall off the bone tender, and internal temperature should be 165 degrees Fahrenheit.
7. Cut, and apply finishing sauce.
8. Serve.

NAME: Y Not BBQ

CATEGORY: Team

NUMBER: 603

Poor Man's Brisket

Ingredients:

5 lbs. rump roast

Traeger Prime Rib Rub

Beef broth

Instructions:

1. Inject rump roast with beef broth every half inch.
2. Rub Traeger Prime Rib Rub on outside.
3. Put in a small pan with 1/4 in. of beef broth on bottom, and smoke at 225 degrees Fahrenheit until internal temperature reaches 160 degrees Fahrenheit, about 8 hrs. for a 5 lb. roast.
4. Every 2 hrs. baste with broth and inject broth again 1/2 through the cook.

NAME: Backyard Tailgating BBQ

CATEGORY: Team

NUMBER: 604

Petersen's Porkchop on a Stick

Ingredients:

- 6 Iowa chops
- 1 (16-oz.) bottle Italian dressing
- 1 tsp. minced garlic
- 1 tsp. Teriyaki

Instructions:

1. Trim the meat back on the Iowa chop so the bone can be used as a handle.
2. Combine chops with all ingredients, and place in a large Ziplock bag. Marinate overnight in the refrigerator.
3. Smoke on smoker with apple wood until internal temperature is 145 degrees Fahrenheit.
4. Remove, and let rest in foil for 15 minutes.

NAME: G-Force

CATEGORY: Team

NUMBER: 605

Apple-Cinnamon Stuffed Pork Loin

Ingredients:

- 5 lbs. pork loin, butterflied
- 1 lb. breakfast sausage
- 1 box cornbread stuffing
- 1-2 apples, cored and chopped
- 2 c. packed brown sugar
- 1 stick butter
- 2-3 c. Fireball Whiskey

Instructions:

1. Prepare stuffing and set aside.
2. Brown and drain sausage.
3. Place sausage, apples brown sugar and butter in skillet and sauté until apple is tender.
4. Add stuffing and fireball to skillet and bring to a rolling boil.
5. Carefully flambé mixture until alcohol burns off, let cool.
6. Stuff pork loin with stuffing mixture. Tie pork loin with butcher's twine.
7. Grill/smoke until pork loin has an internal temperature of 140 degrees Fahrenheit.
8. Remove from grill and loosely wrap in aluminum foil. Let rest 10-20 minutes.
9. Cut ties, slice and serve

NAME: Theresa Jones

CATEGORY: Turkey

NUMBER: 701

Smoked Turkey Breast

Ingredients:

1 turkey breast

1 Tbsp. Cajun seasoning, your choice

Injected with: 1/2 stick melted butter

1/2 Tbsp. meat tenderizer seasoning

1/2 Tbsp. Cajun seasoning

Instructions:

1. Mix melted butter and seasonings and inject turkey.
2. Lightly coat turkey with Cajun seasoning, and place in smoker at 225 degrees Fahrenheit for 3-1/2 to 4 hrs. until internal temp is 165 degrees Fahrenheit.
3. Let rest 5 minutes.
4. Cut to serve.

NAME: Ben Zehr

CATEGORY: Turkey

NUMBER: 702

Garlic Butter Grilled Turkey Breast

Ingredients:

5 lbs. bone-in turkey breast

3 lbs. Bear Creek BBQ Poultry Rub

1 stick salted butter

2 cloves garlic, crushed

Instructions:

1. Generously rub Bear Greek BBQ Poultry Rub on the outside of the turkey breast.
2. Mix melted butter and crushed garlic together.
3. Grill turkey at 350 degrees Fahrenheit until internal temperature is at 165 degrees Fahrenheit.
4. While grilling, baste turkey with butter mixture.

NAME: Lee Hardersen

CATEGORY: Turkey

NUMBER: 703

Lightning and Thunder Turkey

Ingredients:

- 1 larger turkey breast with skin on
- 2 c. Boars Night Out White Lightning with double garlic butter
- 6 oz. soft squeeze butter
- Spray can of duck fat

Instructions:

1. Spread butter all over turkey breast including under skin, be very generous.
2. Coat turkey breast with White Lightning seasoning.
3. Smoke for 2 hrs. at 235 degrees Fahrenheit.
4. Remove turkey breast and wrap in foil and place back on smoker for another hour.
5. Remove foil, and place back on smoker. Spray with duck fat every 10 minutes for an hour to crisp skin.
6. Finally eat!

NAME: Jack Stamper

CATEGORY: Turkey

NUMBER: 704

Jack's Turkey Loaf Burger

Ingredients:

- 1 lb. ground turkey
- 1 lb. ground turkey ham
- 1/4 c. Pampered Chef spicy pineapple rum sauce
- 1 c. crushed graham crackers, add more if needed
- 1 egg
- 1 c. shredded mozzarella/provolone cheese

Instructions:

1. Combine all ingredients together.
2. Form into patties. The mixture should be moist but not real sticky.
3. Place on the preheated grill. Grill over low heat for approximately 10 minutes, flip and continue to cook.
4. Remove meat patties from grill once internal temperature has reached 165 degrees Fahrenheit.
5. Serve on a toasted bun with grilled pineapple ring, lettuce leaf, and sauce made from 1/4 c. mayo and 1 Tbsp. of spicy pineapple rum sauce.
6. Enjoy!

NAME: Trish Bennett

CATEGORY: Turkey

NUMBER: 705

Succulent Smoked Turkey

Ingredients:

1 4 to 6 lb. bone-in turkey breast
2 cartons chicken broth
2 large yellow onions, cleaned and cut in quarters
2 Tbsp. garlic salt
2 Tbsp. Tones Tuscan Garlic and Herb Blend
Smoke with hickory wood

Instructions:

1. Rinse turkey breast.
2. Rub with 1 Tbsp. of garlic salt and Tuscan herb blend.
3. Place in large Ziplock bag.
4. Pour in 2 cartons of chicken broth, add onions and remaining seasoning. Marinate in refrigerator for a minimum of 3 days.
5. When ready to cook, start smoker and smoke at 225 degrees Fahrenheit. Place turkey breast in smoker, and cook to 165 degrees Fahrenheit, about 3-1/2 hrs.
6. Once turkey reaches 165 degrees Fahrenheit, remove from smoker and place in pan or dish. Tent with foil for 30 minutes.
7. After 30 minutes, carve and serve.

